



# Community Coming Together

Summer Newsletter

June 2018

## Surviving Summer Holidays

"I'm bored!" "There's nothing to do!" "Are we there yet?" Ah yes, the sweet refrains of summer. While students (and school staff!) are eager to have a two month break from school, parents are often filled with a sense of dread. It can be a daunting task to find fun ways for children to fill their days with activities that are physically, emotionally, and socially beneficial for them but which also preserves Mom and Dad's sanity...and bank account! Left to their own devices, many youngsters would spend the beautiful, sun-filled days of summer sitting in front of a TV playing video games or watching hours of Netflix. With summer break nearly upon us, some pre-planning can go a long way in making the holiday enjoyable for everyone. First off, parents need to allow their kids *some* degree of free time this summer. Trying to fill every moment of every day will exhaust even the most energetic parent. Also, children need to learn how to manage boredom rather than depending on others to tell them what to do or how to amuse themselves. Trying to keep some degree of routine can be helpful. Staying up too late or eating too many treats can lead to irritable moods and challenging behavior. Children have become accustomed to having a predictable routine every day at school and many youth struggle to adjust to a completely unstructured life during the summer. School-aged children need about 10-11 hours of sleep each night to remain at their best, and even teenagers require between 9 and 10 hours of sleep. Making sure that everyone is drinking enough fluids is also important for mood and performance. Even if rules have been lax around bed times and nutrition through most of the summer, children and youth should re-establish their regular routine for the two weeks prior to school starting again. Mornings are difficult enough without the added strain of having to drag kids out of bed

who have not had enough sleep. And if coming up with ideas for activities is not your greatest talent, check out the rest of this newsletter for some handy tips. Finally, remember to have fun: summer will soon be over but those special memories you create can last a lifetime!

## Planning Your Summer Activities

*With a bit of preplanning, you AND your kids can have a fun-filled summer, without breaking the bank! Have your children help you fill out a calendar with fun activities so you can preplan & have things to look forward to. Here are some ideas to get you started:*

### Medicine Hat

**Water Playgrounds** There are 4 water parks that are free to use. Open from 9:00am – 9:00pm daily.

- **Kiwanis Central Park:** 11th Street SE and 3rd Avenue SE
- **Ross Glen Towne Centre :** Ross Glen Road SE and Ross Haven Avenue SE
- **Strathcona Island Park:** 5th Street SE and Minto Avenue SE
- **Saamis Rotary Park :** Sierra Boulevard SW and Saamis Rotary Way SW

### Police Point Park ([www.natureline.info](http://www.natureline.info))

- Nature Centre Hours: Open Year Round, 9:00 AM – 5:00 PM, Tuesday to Sunday
- Story Walk

◇ Enjoy a story celebrating nature as you explore the trails at Police Point Park with our Summer Storywalk®

◇ August 12 – September 30<sup>th</sup>

◇ Book: Finding Wild by Megan Wagner Lloyd

- Follow them on Facebook for many other fun events for the whole family
- Adult & Teen (Age 12+): Mondays 7:00-8:30pm and Wednesdays 8:00-9:30pm

### Medicine Hat Be YOUTH Center (previously Medicine Hat Youth Action Society)

Free activities for youth ages 11-17. Provides social and recreational opportunities for youth in Medicine Hat and area. Please contact us for more information 403-528-8068.

Hours for July and August - Monday to Friday hours vary depending on activity. Follow them on Facebook for more information.

Extended hours for summer: Monday-Friday from 12pm-10pm.

### Alive After Five

Alive after Five has vendors, entertainers, kids events & food truck. Starts June 20-August 15 from 5-9 each Wednesday in Riverside Veterans Memorial Park. Lots of free activities, including live music. \$5 to use the bounce houses all night.

### The Park After Dark Cinemas

Free movies in Kin Coulee and other areas throughout the city on various dates during the summer. Follow their Facebook page for dates and times, scheduled to be posted at the end of June!

# Planning Your Summer Activities, Cont'd...

## Medicine Hat Library

Summer reading club – A program for children aged 7 – 12. Registration starts June 23<sup>rd</sup> and families must attend the library to register. Programming is free, however a \$100 refundable deposit is required to ensure attendance. For more information visit <https://mhpl.shortgrass.ca/td-summer-reading-club>

Free Saturday Matinees – Saturday's at 2:00, \*\*Special Sunday Screenings with sensory differences:

Kids Yoga with Lindsay (age 3+), Wednesday July 4, July 18, August 1, August 15, 10:30 – 11:00 a.m., Library Lawn

Free Storytime, Baby's a Toddler's (age 4 months – 36 months) Mondays at 10:30am, Preschool (age 3 – 6 years) Fridays at 10:30am

Free Drop-in computer use

Free Teen zone

Summer Tween Nights, Mondays from 7:00pm – 8:30pm (except August) in the Honor Currie Room

Teen Video Game Nights, Wednesdays from 7:00pm – 8:30pm (except July 25) in the Honor Currie Room

Member Appreciation Pancake Breakfast, July 26<sup>th</sup> – Free when showing your library card, \$5 otherwise

Visit the website <https://mhpl.shortgrass.ca/> or follow them on Facebook, Twitter or Instagram for more information

**FREE bowling:** Register your children and throughout the summer they can receive 2 free games of bowling every day (cost of bowling shoes not included) at Panorama Lanes. Call (403)526-2008 or [www.kidsbowlfree.com](http://www.kidsbowlfree.com).

**The Esplanade Museum & Art Gallery.** Check out the latest exhibit in the art gallery or learn a little history about our community in the museum. Free admission on Thursdays. [www.esplanade.ca](http://www.esplanade.ca)

**FREE Public Skating.** Cool off at the Family Leisure Centre with skating paid for by the Kinsmen. Check the city website for details (<https://bit.ly/2MNJQa>) or call (403)502-8570.

**FREE Family Swimming.** Courtesy of the Kinsmen Club of Medicine Hat. Call the Swim Hotline for the schedule of free swims at various pools around the city: (403)502-8571 or check the website (<https://bit.ly/2hvaZDK>).

**Canada Day celebrations in Kin Coulee.** Another free family event, starting with the wonderful pancake breakfast in the morning and ending with the spectacular fireworks display at night. And in between, a variety of music and merriment all in the beautiful Kin Coulee Park. [www.canadadaymedicinehat.ca](http://www.canadadaymedicinehat.ca)

## Redcliff

### Redcliff Youth Centre

The Redcliff Youth Centre is a non-profit, charitable organization that provides a safe, constructive & substance free environment for youth, ages 10-17.

Dinner program runs Tuesdays and Thursdays, where youth are encouraged to take part in creating a meal and eating it. Throughout the summer there will be various other activities, such as swimming, visits to Echodale and an out of town field trip. They also host an "all nighter" in August. Visit their Facebook page for more information.

### Redcliff Aquatic Centre

Free swimming from 4:30 – 7:00pm on Sundays from June – August, sponsored by the Medicine Hat Kinsmen Club. Visit <http://www.redcliff.ca/recreation/> for a link to the schedule for all other swim times.

### Still bored? Write these ideas on popsicle sticks & place in a jar to pick out when some inspiration is needed!

- Go kite flying.
- Get out some board games.
- Build a fort using old sheets, blankets and big boxes.
- Paint a rock.
- Try to use all the Lego in the house to build a super-structure.
- Celebrate Christmas in July.
- Learn to juggle.
- Blow bubbles.
- Read a chapter book out loud. Record it as an audiobook, using different character voices.
- Make fairy houses and set them up in the backyard or flower garden.
- Illustrate your own comic book, or find comics online with missing dialogue that

you can fill in.

- Get a large empty box (try furniture stores) and make a rocket, house, car... whatever you can imagine.
- Make sock puppets out of old socks and then put on a puppet play.
- Watch old family movies or look through old photos. Make a scrapbook with the photos.
- Make musical instruments and play along with your favorite songs.
- Have a garage sale.
- Get a book of jokes or riddles and take turns telling them.
- Make a scavenger hunt & include other kids from the neighborhood to participate.
- Make paper airplanes & see whose goes the farthest.
- Have a rock, paper, scissors tournament.

Community Coming Together (CCT) is a Mental Health Capacity Building (MHCBE) in Schools Initiative that works to promote positive mental health in children, youth, families and support individuals in the community who interact with children and youth. We are funded through Alberta Health Services and operate out of all schools in the Medicine Hat Catholic Board of Education. To find out more, please visit our website at [www.communitycomingtogether.weebly.com](http://www.communitycomingtogether.weebly.com)



\*Every effort has been made to ensure the accuracy of the information contained in this newsletter. Any errors or omissions are unintentional and not the responsibility of CCT or MHCBE. The activities listed are not specifically endorsed by CCT or MHCBE.